

MEDITATION CLICKS



BRAIN GYM

MARC STEWART

MEDITATION
CLICKS®

Brain Gym

Marc Stewart

Congratulations.
You Are On Track To A
Wonderful Way Of Being:

If you have never meditated before or used to and fell away from it for any reason know that you are on track to a wonderful experience in a way that cannot be described in brief.

This book is normally only available for sale on Amazon as a paperback.

Today it is free to you in the hope that if you appreciate this book being free in any way, in return you would consider taking time out to visit by way of Google search for Sangreal on Indiegogo, my crowd-funding project.

And help in any way you can by way of your kind contribution in exchange for one of the many great perks you will find there.

Or if not able to contribute with money doing something just as valuable for us by spreading the word about Sangreal the family dice board game.

Sangreal . . . some do . . . some don't have a beautiful mind!

The following are three testimonials from players recently after filming for the Indiegogo pitch video you can watch to see why Sangreal's time has come with your help!

Three Testimonials:

Sue said, “Well I’m really surprised by how much I’ve learned about you two today, and I think Sangreal’s the kind of game that gets you talking to each other”.

Bonne said, “Yeah”.

Sue said, “And not so much about yourself, although of course Sangreal’s about you, Sangreal is about what you share, but things a little more than ourselves”.

Jenah said, “I learned something about you too”.

Sue said, “Ah cool, yeah I love that about Sangreal, it’s amazing”.

Bonne said, “Sangreal’s a game that you can learn from, Sangreal sort of opens up conversations on topics about people that you may know but also things like Sangreal sort of brings in topics that are not that usually spoken about or wouldn’t usually or come up in a conversation”.

Sue said, “Yeah”.

Bonne said, "Sangreal kind of opens up your world, and Sangreal's kind of good though because you get to exercise different thought processes".

Sue said, "Yeah that you wouldn't normally".

Bonne said, "Like the cards you bring out, like you really have to think sometimes".

Jenah said, "Sangreal gives people a chance to say something without prejudice and they can say something honestly they think without people having to go on a huge debate against them or Sangreal's just hearing peoples ideas which is nice"!

Sue said, "Yeah, perspective".

Bonne said, “I quite like the fact that Sangreal is not competitive, because most games out there are and these games depends on who you play with, it can ruin the game if your playing with someone who is really competitive or is a really bad, you know a poor loser, but because Sangreal’s a game where everyone is equal at the same time and that includes everyone when it is your turn as well, Sangreal’s quite enjoyable”.

Sue said, “Yeah, Sangreal’s more ethical, it’s the level of co-operation, Sangreal’s cool”!

Sangreal board game . . . some do . . . some

don’t have a beautiful mind!

For more information about the true depth of the Sangreal project on Indiegogo visit the homepage of my qofs.org website and bookmark it today and tell your friends about it.

And I hope you enjoy your free gift from me to you of this book.

Yours genuinely Marc A Stewart

<http://igg.me/at/sangreal>

Is there anything unsatisfactory or wrong or self-defeating in your life? If there is let me tell you through Transcendental Meditation it can be changed. The secret is to use **MEDITATION CLICKS®** brain gym on a regular basis. Life is an adventurous journey and wherever you are right now on your own individual solo path I feel honored and special to share with you the wonderful gift of **MEDITATION CLICKS®** brain gym. My purpose is to enable you to enjoy the surprising benefits you deserve. Did you know people who use Transcendental Meditation daily are much happier, healthier, and

are living longer than those who don't?

When you use
MEDITATION CLICKS®

brain gym you produce a cascade of pleasurable chemicals, making you feel euphoric and delightfully contented paving the way for a life of enthusiasm.

Scientific Studies Have Revealed:

You can rule your mental states.
By controlling your brain waves
and therefore bringing different
more positive and upbeat
thoughts. Many researchers
found. Different states. Including
those of super learning enhanced
creativity, problem solving and
meditation correspond to certain
brain wave patterns. When you
are in specific deeper brain
states. Your brain is able to
naturally release serotonin. Your
bodies happy drug. This affects
mood, appetite and sleep.

Serotonin also has some
cognitive functions, including
memory and learning. You also
release. A legion. Of healthy
hormones and chemicals.
Including human growth

hormone. Causing the slowing
down of the aging process.

Creating longer life. By its
increasing of the bodies ability to
grow and heal tissue and cells.

Over time. The more deeply.
You are able. To descend. Into
these deeper brain wave states.
The more significant your
improvements will be. And you
will achieve the extreme benefits
of Transcendental Meditation
through **MEDITATION**

CLICKS® brain gym.

You can develop a greater
learning capability. Improve your
memory and mental clarity.
Increase your spiritual and self-
awareness and a whole multitude
of other advances in mental and
physical abilities.

With MEDITATION

CLICKS® brain gym ideas and solutions to problems. Will come more easily. As your mind becomes sharper. And more in synchronization. You'll love the feeling of inner peace you can action and with this a greater inner rapport with yourself. As MEDITATION CLICKS®

brain gym causes tension and stress to fade and fall away. You become more aware of your own intuitions and insights. And what's more MEDITATION

CLICKS® brain gym helps you release and let go of any socially impaired feelings and suppressed emotions you may have. Such as

anger, depression, anxiety, sadness, addictive behaviors and many more. In a very safe manner and in a process so swift it will seem a miraculous change of state. Thank you for allowing me to guide you through your first

MEDITATION
CLICKS® brain gym. As this will create a great foundation for you. You will find

MEDITATION **CLICKS®**
brain gym the nicest way to meditate ever. It will place you into perfect meditative states every time. And because this

MEDITATION **CLICKS®**
brain gym knowledge dramatically given herein speeds up the process. It is revolutionizing

traditional Transcendental
Meditation. Astonishing
meditators worldwide.

**I Will Explain
Some Of The
Benefits You Will
Receive:**

And I will teach. And guide you.
Through some of the benefits of
the whole **MEDITATION**
CLICKS® brain gym course.
Whether you want to improve
your physical condition. Or
emotional wellbeing
MEDITATION CLICKS®
brain gym certainly deserves your
fullest contemplation and
consideration. You'll be taking
firm control of your life. As you
take it down the path of
Transcendental Meditation and
the positive thinking it gives.

Now negative thinking is a very dangerous thing. The negative thinker constantly sends out into the world around him negativity. There is a law known as the law of attraction. Like attracts like. If we constantly send out negative thoughts in the very nature of the case you tend to bring back to yourself negative results. On the contrary the positive meditation equipped thinker sends out positive thoughts and activates the world around him positively. And on the basis of the same law of attraction draws back to himself positive results. Think and say only hopeful things about your job, your health, and your future. Restrain yourself

from being negative. In addition pray and contemplate upon the wonderful things you have been given. Which is the ability to find the good in every situation. Faith is the taproot of positive thinking. Keep your faith constant in every situation and you'll be a winner.

**Many Celebrities And
Sports Professionals
Practice And Enjoy The
Benefits Of MEDITATION
CLICKS® Brain Gym:**

They have learnt through meditation that enthusiasm comes from throwing away self-pity. Turning inward instead of focusing on personal troubles. Enthusiastic thinkers care about others in a self-less way. They are involved in the world around them. They are issue orientated. They have consuming hobbies and interests. They don't worry about yesterday because they are too interested in what tomorrows going to bring. Each day is a new adventure. Each problem a challenge that can be met and overcome. The enthusiastic person gives off an energy that is contagious. When you use the power of enthusiasm in your daily life you give freely

of yourself to others. Whatever
you send out comes back times
ten. Research has scientifically
proven that **MEDITATION**

CLICKS® brain gym is a simple
way. To develop your physical,
spiritual and mental state. And
MEDITATION CLICKS®

brain gym countless
Transcendental Meditation
foundation has been recognized.
Having been practiced for
thousands of years. How then
does one try enthusiasm on his
life? It's just as simple as this.
Cultivate the ability to meditate
and love living. Love the people
who live, love the sky under
which you live. Love all of the
facets of living. The person who

loves everything becomes enthusiastic. Filled with the joy and zest of life, it's just this simple. More and more doctors are prescribing **MEDITATION** **CLICKS®** brain gym. To cure stress-related illnesses. Including anxiety, trauma and insomnia. Every day most of us experience stress. In many different ways. And I believe many of us are just not aware of how much stress we actually hold on to. Everybody more or less seems to be in a dither and this is a pity. Could just be that this is what's wrong with us both individually and socially. Meditation brings a calm state of mind no matter what goes on. The person who is calm will be the person who

learns to think creatively. You cannot think creatively when your mind is agitated. The deeper insights of the mind can't get through when you are thinking only with the nervous surface of the mind. It is most important to meditate and maintain a state of mental calmness. And this can be done. The first step to reaching a calm state of mind is to sit quietly and breath in and out at the rate of six breaths per minute. Once your breathing slows down your entire body will relax and quiet. Your mind will be clearer. You'll think creatively. Practice this exercise several times a day and especially prior to meditation. With meditation quickly notice the difference to

how you notice stresses in your life. Remember the tortoise. Keep moving ahead. Take time to enjoy your life. See your surroundings as you have never seen them before. Normally life-threatening situations switch on the stress response. Enabling us to act quickly. Surviving intense situations. With fast reflexes, Controlled by our subconscious mind. When our bodies are exposed to an unexpected threat. We respond. With the characteristic fight or flight mechanism. Creating an adrenalin rush. When adrenaline and other hormones are released. The pulse races, blood pressure increases, breathing becomes faster. And the blood flow to the muscles

increases. If we are in extreme danger these fast body reflexes enable us to go into an auto pilot mode. And is invaluable for our survival.

We have inherited these survival responses from our ancestors. Who faced many life-threatening situations.

The same responses are now triggered in our lives when we are in traffic and someone cuts in front of us too quickly. Or a boss or employee irritates us. Or we spill a drink. If we do not confront the situation and many are beyond our control. We end up being in a perfect state of stress.

**One Of The Most
Important Health Benefits
Of MEDITATION**

CLICKS® Brain Gym:

Is how it releases stress from our bodies. **MEDITATION**

CLICKS® brain gym practiced on a regular basis will lead you to a deeper level of relaxation and contemplation. It increases serotonin, which influences mood and behavior. Low levels of serotonin are associated with depression, headaches and insomnia. **MEDITATION**

CLICKS® brain gym also lowers the level of blood lactate thus reducing anxiety attacks.

You have to expect that something good is going to come out of a situation that appears less than perfect.

MEDITATION

CLICKS® brain gym builds self-confidence, enhances energy and strength and vigor and a general feeling of wellbeing. If you practice MEDITATION

CLICKS® brain gym on a regular basis you will begin to feel calmer. And in control. You'll feel far more relaxed and happy. And your ability to concentrate. Will be greater. You won't become stressed about things. And you'll become more peaceful. And relaxed about everything. You'll simply go with the MEDITATION

CLICKS® brain gym flow. Things that used to irritate you

before. Will become insignificant.

**Dream And
Make It Happen.
Goals:**

The power of goals is enhanced
by Transcendental Meditation of
MEDITATION CLICKS®

brain gym. The power of goals is
to turn the power of dreams into
reality. There is nothing more
important to where you are going
than having a goal to strive for.
Goals are not wishes or dreams.
They are not described as
someday or one day. Goals are
firm decisions you make about
what you want to have and when
you want to have it. That
decided then you can make out a
specific plan as to how you are
going to achieve it. I personally
believe that through
MEDITATION CLICKS®

brain gym any one of us can

reach our goal in life. And the question is how is that done? Well from time immemorial it has been said in America that the way you do that is to work, work and work. And that is still valid. But beyond this I'd like to suggest three other methods by which any person can attain his or her goals. The first one is deep desire and intensity of belief. Number two is creative thoughtsmanship. And the third is faith all the way. Intensity of belief means that you have absolute conviction about what you want. Be very specific and turn your goal into a concrete expectation. You should be able to see it in your mind as clearly as a photograph. Don't allow any

soft focus. Learn all you can about what you have to do to attain your goal.

**When You Have Faith In
Yourself And Use
MEDITATION
CLICKS® Brain Gym
You Are Invincible:**

Many years ago. When I first began. To study meditation as a goal I wanted to achieve. I was baffled. With all the different techniques. And the scientific technology. Yet because I had heard of the wonderful benefits being achieved. I carried on researching. I invested a lot of time and money. Learning various methods and types of meditation. The difference Transcendental Meditation and **MEDITATION CLICKS®** brain gym has made. Is so amazing. I want to help you gain the wonderful benefits also.

The most outstanding way I believe I can help you from all my training. And experiences. Is to keep it very simple.

MEDITATION CLICKS®

brain gym I am sharing with you.

Is a very simple. And easy method. That is extremely effective. If you are anything like I was. You'll probably have some questions about the learning of **MEDITATION CLICKS®**

brain gym. And I am going to explain everything necessary. For you to begin your course well prepared. Confident and clear headed.

You'll realize why there are guidelines to follow. And special preparations to make. Before you begin

MEDITATION

CLICKS® brain gym. The way you will be using **MEDITATION** **CLICKS®**

brain gym is simply sitting comfortably with your eyes closed. Repeating in your mind a focus on a sound that is called a mantra. Mantra basically means, "to free from the mind". You can choose your own mantra from the mantra list, which you will find in this course. Simply choose a sound you feel comfortable with. I recommend you use **MEDITATION** **CLICKS®** brain gym once or twice a day for

between five to twenty minutes each time.

In the beginning while you are training. You will need. To allow. A little longer time. To enable you. To follow herein. The explanation I will give you. For the different things which you may experience. While using **MEDITATION CLICKS®**

brain gym. Within a few short weeks. The simple

MEDITATION CLICKS®

brain gym consistent habit will have become part of your daily routine. And you will be experiencing the wonderful benefits. Of the simple, easy, modern **MEDITATION**

CLICKS® brain gym.

My Analogy Of Meditation:

I use analogies in life to explain things simply. And my analogy of meditation is told in the following story of a woodcutter. “There once was a very hard working man. Who got work as a woodcutter. The pay was good. The conditions excellent. He wanted to give his all to the job. The boss gave him an axe. On his first day he felled eight trees. And went home tired and very happy as his boss was so pleased with his efforts. He was the first in work the next day. And felt so motivated. He decided to beat his record and fell nine trees. By the end of the day. After working harder than the previous day. He went home frustrated and disappointed. He had only felled

five trees. After a restless night sleep he returned to work the following day determined to fell eight trees. And at least achieve what he had done on his first day. Once again he was first to start chopping down trees. Halfway through the day he sat in a heap exhausted and dismayed. He couldn't believe it. He'd only managed to chop down two trees. He just didn't understand. He was working harder than ever and he began to doubt himself. When his boss walked over. He felt extremely guilty and began to apologize and explain he had been working really hard. His boss asked him only one question. When was the last time you took time out to

sharpen your axe?

**And so it is
with life**

We are so busy rushing here, rushing there. Wondering if we will get everything done today. Worrying what we may have to deal with tomorrow. And beating ourselves up for what we should have done last year. That we don't take the time out to sharpen our mind. Please understand that I do appreciate that it may not be easy for you to make time each day to do Transcendental Meditation by way of **MEDITATION CLICKS®** brain gym. But I believe it is as essential as breathing and eating. And therefore it is necessary for us all to make some time. We need to always remember what happened to the woodcutter. In just two

and a half days. When he didn't take time out to sharpen his axe.

But examine your own life. Where are you now? And try to relate it to the way you have been contemplating yourself for the last 25 years. If you are on top of things and life is good. It's got to mean you've been thinking right for the last quarter of a century. But if it isn't all that good then you just got to know that you've got the wrong mental picture.

Sometimes it isn't that we can't make the time to meditate. I believe it is more to do with ever since we can remember so many of us are pressurized to work hard. Keeping on going so we won't be labeled lazy or idle. And if we try harder and harder. We might be good enough. And if we are good enough. We will then be loved. And accepted.

**The Power Of Love
Is One Of The
Strongest Powers We
Have:**

If you are going to be a successful person you have got to live by the love principle. Now of course we have a lot of wise sophisticated people who downgrade love. The only way you can get anywhere is by being slick, clever, a wise guy. Now when you call the roll of those who have really achieved. It's the people who were loving, kindly, who esteemed others who lived successfully.

Many of us feel selfish. Or guilty if we take time out for ourselves. We shouldn't get so busy that we neglect the most important things in life. Like taking time out to relax and be quiet. Take stock with **MEDITATION CLICKS®**

brain gym. To use **MEDITATION CLICKS®**

brain gym is to recharge your batteries. To be more effective and productive. To be more hopeful and alive. To find that special place within. Where there is total peace. As Buddha quoted: "Meditation brings wisdom, lack of meditation leaves ignorance, know well what leads you forward and what holds you

back and choose the path leading to wisdom”.

Most of us think that if we just keep going. Someday when we have more time. Or someday when we have more money. Or someday when we have the right mindset. Things will ease up. And get better. The fact is. The road to somewhere. Leads to a town called Nowhere.

Instead of taking control of our health and future. Most of us. Distract ourselves with television or food or alcohol.

MEDITATION CLICKS®

brain gym is the antidote to the fast pace of life and stress and all kinds of emotional and physical problems.

A huge percentage of illnesses and diseases are stress related. High blood pressure and stomach ulcers. Are just a couple of examples. Of course we know that some of us can achieve more and perform better under pressure. And we are all well equipped. To cope. With stress at different times of our lives. But when it is constant. And doesn't give up. Something has to give. **MEDITATION**

CLICKS® brain gym in simple terms clears the mind in the similar way that dreams do at night after the pressures of the day.

Have you ever lain awake in the middle of the night unable to sleep? Television is switched off. And everything is quiet. Except your constant chatterbox. Your subconscious thoughts. Never ceasing to ask you questions. Criticizing and judging you. It's more noticeable to hear in the quiet of night. Yet amidst all the noises in the busy day the need for

MEDITATION

CLICKS® brain gym often goes unnoticed.

Through MEDITATION
CLICKS® brain gym you will
learn to quiet your mind. Clearing
your mind makes room. For
solutions to problems to
suddenly become cleared. People
from all walks of life have
benefited in so many ways by
practicing MEDITATION
CLICKS® brain gym.

Medical science knows that we can think our self-sick and we can cure ourselves all with the power of our minds. A person will say I am sick with worry and that is a very apt phrase because worry does make you sick. But you can think yourself healthy. Make a conscious effort to meditate and throw away your depressing thoughts replacing them with bright new ideas that brighten your perceptions, your body will follow your lead. A healthy positive outlook can transform your life.

A friend of mine used to completely overreact to little things. Like spilling a cup of coffee. Or misplacing his car keys. Yet within three to four weeks of **MEDITATION CLICKS®** brain gym on a regular basis in the way that I am going to teach you. His family was amazed. At just how calm he had become. And how he seemed to go with the flow. Other people become less irritable. Other people suffering from insomnia seem to sleep better. Others experience more energy. While others a sense of wellbeing. These changes are real and substantial and the difference is undeniable. Being easily acknowledged by you. The power

of new beginnings is the power
to start fresh each day.

We all seem to gain a huge variety of benefits. Specific to our own personal needs. And I will explain a little later how everyone's experience of **MEDITATION CLICKS®** brain gym is individual for each person. And why we shouldn't expect to get the same results as everyone else. Or have the same kind of experience that another has. Many people become disillusioned and think they cannot meditate because they didn't get the same results as someone else or they expected to float out of their body. Or they think they failed because this didn't happen. I fell into this trap when I first tried transcendental meditation many

years ago. I expected to transcend out of my body and return a very calm and wise person. But then I always had a very big imagination.

I remember being really disappointed. Wondering if I were doing things correctly. I remember feeling very doubtful at the time. And imagined that one could probably only meditate if one went to the Himalayas or one became a Yogi. Or if one attended some incense filled monastery.

I was trying so hard to get the results I had expected. And I think this is typical of so many of us because we are taught to try hard with any new experience. It took me a long time to realize that to meditate successfully is not to try at all and not to expect anything. This is the **MEDITATION CLICKS®** brain gym way.

**If I Empathize
Anything To You
It Is Not To
Expect Anything
When You Do
MEDITATION
CLICKS® Brain
Gym:**

Rather just *trust* it will give you just what you need. And that it does this on an ongoing basis regardless of the many changes in your life.

When I chose a mantra for myself that I felt comfortable with and to trust that **MEDITATION CLICKS®**

brain gym would benefit me in the way that I needed it most. It wasn't long before other people as well as myself noticed certain changes in me. I had always been a worrier and this completely changes after regularly using **MEDITATION CLICKS®**

brain gym. I just seemed to understand. Much of what I worried about. Never came about anyway. And so it was a waste of time and energy. With **MEDITATION CLICKS®**

brain gym I began to feel more confident and in control of my

life. I began thinking that whatever life's lessons threw at me I would be able to handle them with ease now.

Through my use of
MEDITATION CLICKS®
brain gym. When I was faced with
decisions and choices. Instead of
getting stressed out. I simply
think. If I make the wrong
decision. What's the worst thing
that could happen? And can I live
with it? This way of thinking
made decision making so much
simpler for me. And eliminated so
much worry and stress from my
life. My family noticed how I very
calmly dealt with situations
where I had previously become
stressed out and tired. I realized
that problems are a part of life.
We all have them and through
MEDITATION CLICKS®
brain gym I learned that problems

are given to us. So we can grow.
And learn from them.

Norman Vincent Peale said,
“A problem is a concentrated
opportunity. The only people I
have ever known to have no
problems. Are in the cemetery.
The more problems you have the
more alive you are. Every
problem contains the seeds of its
own solution. Everyone I’ve ever
known who succeeded in a big
way in life. Has done so. By
breaking problems apart. And
finding the value that was there”.

MEDITATION

CLICKS® brain gym is a huge asset in helping you to solve problems. As I mentioned before. Whether you have tried any other forms of meditation. Or this is your first attempt. I'm going to guide you through what I believe to be the most simple yet effective way for you to meditate. First of all there are some preparations and guidelines. Which you need to understand. Before you begin your course of MEDITATION

CLICKS® brain gym. I believe that if you are prepared you will feel confident. And I want this to be a wonderful journey for you. I'll guide you through your first

two

MEDITATION

CLICKS® brain gym sessions.

Please Adhere

To The

Following:

MEDITATION

CLICKS® Brain

Gym Guidelines:

If you were taking medication for an illness and you were going to begin a physical exercise program it would be advisable to consult your doctor. The same applies with meditation. If you are taking medication for an illness check with your doctor that it is okay for you to go ahead with meditation.

You need to have an alert mind to enable you to enjoy this new experience so you need to be free of alcohol or non-prescribed drugs for at least 24 hours.

Wait 2 hours after a full meal or 1 hour after a snack or caffeine drink before doing
MEDITATION CLICKS®
brain gym.

If you smoke, it is better to wait
30 minutes before doing
MEDITATION CLICKS®
brain gym.

Never do **MEDITATION**
CLICKS® brain gym with a
sweet or anything in your mouth
because you intend to go into a
deep relaxing state similar to
sleep.

Never over meditate – just as
physical exercise is good for you
it is important to build up
gradually. When you meditate
you release backlogs of tension
and if you meditate too long you
can release tension too fast for
you to cope with.

Always leave 3 to 4 hours between meditation sessions.

How To Prepare To Meditate:

You need to be clear headed so choose an uncluttered room. Lighting needs to be subdued.

Telephone switched off or on silence.

A straight-backed chair to sit upright or cushions to support your back.

The mantra you have chosen needs to be written down and placed where you can see it.

Sign outside door asking not to be disturbed. Shoes removed and any tight clothes loosened for your comfort.

Mantra List:

Hir-am

Ham-sa

Shir-ah

Shir-am

I am

In peace

Now be

Be-ing

Or the classic mantra
'Ooommmm'

You may choose any mantra that you feel comfortable with. Just make sure when you choose a mantra. You write it down. Keeping it with you whilst you are learning. It can be easy to forget your mantra in the early stages of learning
MEDITATION CLICKS®
brain gym. A simple search on Google will deliver you hundreds of different mantra's to choose from. You are not limited to the list above.

Certain instructions will appear common sense to you. But there may be certain things you might have overlooked. If you are to begin a physical exercise program you would build up gradually. And if you had any serious illnesses or taking medication from your doctor you would be advised to consult him before starting any exercise program. The same applies with **MEDITATION CLICKS®** brain gym. If you are taking medication. Simply check with your doctor. It is okay to go ahead with Transcendental Meditation at this point in your life.

You need to have an alert mind to enable you to have and enjoy this new experience. And therefore your body should be free of alcohol and non-prescription drugs for at least 24 hours.

Since the digestive process can interfere with reaching deep relaxation wait at least two hours after eating a full meal or one hour after a snack before you begin to use **MEDITATION**

CLICKS® brain gym.

Preferably don't drink anything with caffeine in it for one hour before using **MEDITATION**

CLICKS®. Water or fruit juice or decaffeinated drinks are fine.

If you smoke you will have to refrain at least 30 minutes before you do **MEDITATION**

CLICKS® brain gym.

Because **MEDITATION**
CLICKS® is likened to a deep
relaxing state similar to that
which you experience during
sleep you must not begin with a
sweet or anything in your mouth.
Never over use
MEDITATION CLICKS®
brain gym. Just as physical
exercise is good for you it is also
necessary for you to build up
gradually and not over do things.
When you do **MEDITATION**
CLICKS® brain gym you
release backlogs of tension and if
you do it too long you can
release tension too fast for you
to cope with. Some people begin
MEDITATION CLICKS®
brain gym for 15 to 20 minutes

twice a day and find this really
suitable for them and yet others
find this too much and 10
minutes is plenty for them.
Always leave a minimum of a 3
to 4 hour gap between doing
MEDITATION CLICKS®
brain gym. This will enable you to
experience MEDITATION
CLICKS® brain gym
successfully on your first day.

**I Will Be Guiding
You. Through
Two —**

MEDITATION CLICKS® Brain Gym Sessions:

And explaining the different types of experiences we all have. You will need to arrange for two consecutive days. Half an hour each day when you will not be disturbed. You will need to leave at least 3 to 4 hours before you do

MEDITATION
CLICKS® brain gym again. Such as later in the day for another 10 minutes and then again for another 10 minutes the following day.

As you need to be clear headed to do **MEDITATION CLICKS®** brain gym it is important you do not do it in a cluttered room. And you need to be in a room on your own so that you can relax and not be self-conscious of anyone being present. The lighting needs to be subdued or bright light blocked out. The telephone needs to be put onto silence mode or switched off. Because as you meditate and become very relaxed the sudden ringing of the telephone can be extremely unsettling. You need a straight-backed chair so you can sit upright with your feet on the floor. A dining chair is good or if you choose an easy chair or sofa

you may need cushions to support your head and back. You need to choose your mantra and have it written down and placed where you can see it. Shoes need to be removed and any tight clothes loosened for your comfort. The next suggestion isn't necessary but it is good to create a special atmosphere for your first time. And if you place a special ornament, or a bouquet of flowers or something pleasing to the eye a few feet in front of you so that when you open your eyes after using

MEDITATION CLICKS®

brain gym for the first time this is the first sight you will experience. If you like burning incense sticks this will only add

to the atmosphere, as will scented candles. But if you don't want to do this that is okay. Remember you only need to make the special preparations this once.

Once you have made these preparations for your first **MEDITATION CLICKS®**

brain gym Transcendental Meditation you will be ready to read on as I guide you through your first meditation.

Your First Brain Gym Meditation:

So here we are ready to experience your first meditation session. I will be instructing you all the way through so you can just sit and relax. Have you organized not to be interrupted for the next hour? Has the phone been silenced? Are you sitting in a quiet room where there is no clutter? Your mantra should be in a place where you can see it if you forget it. **MEDITATION**

CLICKS® brain gym the simple meditation we are going to do does not require any effort from you. In fact the only thing to learn is how not to make an effort. **MEDITATION**

CLICKS® brain gym is kind of like floating along a winding

stream or river in a big inner tube. You're just drifting going along with the flow. Feeling relaxed and peaceful. As you're repeating your mantra in your mind sometimes thoughts will come along. Don't worry that these thoughts will spoil your session just treat them like the clouds that are gently floating along above you. You don't try to cling to passing clouds and you don't push them away. You simply let them float on by. Your thoughts are just passing clouds and are actually part of the process of tension release. And so allow your thoughts to float by. And gently your mantra will return to you. You may feel uncomfortable, get an itch, or

have to cough. That's okay. Scratch your nose or cough or get comfortable without opening your eyes. And just keep on thinking the mantra very relaxed and effortlessly. Please understand that when you are repeating your mantra in your mind while meditating it's quite normal if it becomes louder or quieter or faster or slower. It may seem even to disappear for a while and that's okay too. When the sound comes back simply think it gently and quietly. It does not have to be thought at the same rhythm or speed at the same time. It can vary according to your mind's natural rhythm that changes often. As I take you through your first **MEDITATION CLICKS®**

brain gym you don't need to be concerned about losing track of time. Either use your best guess as to when 5 minutes is up or use a kitchen oven timer set to 5 minutes. When 5 minutes is up do not open your eyes right away. Rather allow two minutes to let go of your mantra and when you do open your eyes. Open then over twenty to thirty seconds very slowly. After the five minutes and into the two-minute repose period you can stretch and yawn but keep your eyes closed.

Okay so now you are ready to do
MEDITATION CLICKS®

brain gym on your own

without reading these
instructions from me. Are you
sitting comfortably with your
feet on the floor shoes off? Take
a minute to do some deep
breathing and relax. Begin by
repeating your mantra out aloud.
So you can hear how the word
and the rhythm sound. Now say
it more quietly. Now even more
quietly still. And now just whisper
it. Now just think it. Now close
your eyes and think your own
mantra effortlessly with your
own natural rhythm for an
estimated or timed five minutes
followed by two minutes of
letting go of your mantra and

then slowly opening your eyes
over twenty or thirty seconds.

Go do this your first

meditation now — 8

MINUTES OR SO

LATER: Well

Done:

(And That's How

Simple It Is To

Meditate).

Leave at least a 3 to 4 hour gap
between this meditation and your
next meditation.

So then you will meditate a little longer and as I said before let your kitchen timer or your instincts be your time guide.

So when you are comfortable close your eyes and say your mantra out aloud to yourself twice. Now think it easily and effortlessly. And let the time pass. Till the ten minutes is up and you are letting go of your mantra for two minutes and opening your eyes very, very slowly over twenty to thirty seconds. Slowly return yourself to the state of everyday life. During the two minutes stretch or yawn if you wish but still keep your eyes shut. And remember this time of adjusting is really important and beneficial to you.

A Little Optional Exercise. Also Of Great Benefit To You:

A little optional exercise that many successful people do is to think of all the things in life you are grateful for. I usually give thanks for my family and my friends, my good health, and my goals and dreams. Then I think of special moments like a hug from one of my children. Or a kind deed that was done unexpectedly. Then I visualize my dreams and goals. As though they were already happening.

Congratulations On Continuing This Far:

Statistics prove that only 10% of people who buy a book read beyond the first chapter and don't follow through. Give yourself a pat on the back. For you have already proven that you are serious and are willing to make the time to gain the many benefits

MEDITATION

CLICKS® brain gym has to offer.

The gratitude and visualization exercise is not necessary if you just want to meditate. It's just an option that I have found to be incredibly powerful and rewarding. Having experienced your first **MEDITATION CLICKS®** brain gym session you are probably like many people wondering if you were doing it right. Occasionally people report feeling more peaceful, positive, loving and centered in daily life. Many experience new insights and greater clearness and understanding. The variety of experiences whilst you are meditating is unlimited. They can range from the extraordinary to the ordinary. You may have felt

peaceful or irritable or simply bored. There may have been periods of no thought and other times where your mind was full of thoughts and your mantra disappeared for a short or even longer interval.

You may have felt quite alert or wondering whether you fell asleep and concerned whether you successfully meditated.

All of these experiences are all right and perfectly normal. The point is to simply accept whatever occurs in meditation. I will cover the different experiences in a moment.

Tomorrow And Your

Next Meditation:

When you meditate on your own today you will have a good idea when your ten minutes is up. And then you should very slowly open one eye and peek at your watch or the clock. If only 7 minutes has gone by you can simply return to your state for a few minutes. Or if the ten minutes is gone it's important to keep your eyes closed for another two minutes and then open them ever so slowly as you have been previously been instructed. This is important and beneficial to you. Some people like to set an alarm so they don't have to be aware of time. The alarm need not startle you. **Begin your meditation.**

Welcome Back:

I hope your MEDITATION
CLICKS® brain gym session
was relaxing and uninterrupted
for you. Sometimes a meditation
session may be filled with
thoughts and you can feel that
you are feeling that you are
failing to meditate correctly. But
the truth is that meditation
basically works in cycles of
clearing and clarity. We often
have to have a clear out to
enable us to see things clearly.
And when there are many
thoughts during meditation this
is part of a clearing cycle and
when there are fewer thoughts
and more clarity and depth this is
known as part of the clarity
cycle.

The more you let go of any expectations about what is supposed to happen and any concerns about meditating correctly the more easy the deeper states seem to occur. I suggest you approach each **MEDITATION CLICKS®** brain gym session relaxed and willing to accept whatever happens. There will be some days when everything just clicks naturally. And your awareness effortlessly shifts into a deeper state. And other days when many thoughts seem to invade your **MEDITATION**

CLICKS® brain gym session.

Remember that you are just beginning and it is natural for your mind to wander a lot. Try to accept that this is okay. Some people have vivid memories return from when they were young children. Some see changing images of faces or objects. Some see colors and shapes. And some don't seem to see much at all. There is no particular state of
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brain gym that you are supposed to achieve. And there is absolutely no right or wrong way. It's best to put aside the idea of doing it correctly. And of trying to know what state you are in.

There are many states that can occur. And they are all a valuable part of the **MEDITATION**

CLICKS® brain gym process.

And if you will be patient and put aside all expectations and accept whatever happens you will begin to find **MEDITATION**

CLICKS® brain gym easy and enjoyable. And you will start seeing many positive changes occurring in your life.

The philosopher of the new beginning is someone who refuses to continue to associate with his failures. One thing you must never do is to hang around with your failures. Never talk about them. Never think about them. Ignore them. Walk away from them. No matter what they are. Never settle for a failure. The art of forgetting is absolutely essential for a new beginning.

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brain gym taps into some powerful inner energy that is very healing and uplifting for you. But it takes some time to adjust to the clearing out changes and the releasing of the stored negative energy. And this process is best done gradually. Which is why you shouldn't over meditate. Because using

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brain gym is an ongoing process you need to use it daily. I know life can be busy but after the first couple of days it's only allocating between ten and twenty minutes twice a day. If you are so busy some days that you don't make the time. Just do

five or ten minutes. If you do happen to miss one of your MEDITATION CLICKS®

brain gym sessions for a while for any reason don't beat yourself up. Use this course once again as though you were just learning. I think you will settle back into your schedule of MEDITATION CLICKS® brain gym this way.

**Make Yourself
Up A DO NOT
DISTURB Sign:**

Which will notify people who live with you not to enter into the room because you are meditating. However well you prepare not to be interrupted. There will always be the exception where you will be. Opening your eyes too quickly or jumping out of your chair and continuing your day shocks the system. If for instance you have to answer the door or deal with some urgent matter in the middle of a **MEDITATION**

CLICKS® brain gym session take as much time as possible to open your eyes and as soon as you have dealt with your matter return to your seat and finish meditating. For example if you are meditating for ten minutes

and had only done six minutes go back and do another four minutes. And then finish, as you normally would. If there was an emergency then obviously this is different and you would have to act quickly. This is not harmful in the slightest. It is just so much better for you not to have interruptions. Always remember that you are very special and you deserve a little time for you everyday.

For I am sure you give others your time. I have really enjoyed working with you and hope you can gain an abundance of benefits through your use of **MEDITATION CLICKS®** brain gym. You will find that **MEDITATION CLICKS®** brain gym is the easiest most enjoyable way to meditate ever because it gently guides you into a perfect and deep meditative state every time. And because **MEDITATION CLICKS®** brain gym dramatically speeds up the process it is revolutionizing traditional Transcendental Meditation. And astonishing meditators' worldwide. I believe that you will agree that the

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brain gym program is one of the most amazing things you have ever discovered. It will I promise change your life!

Lessons Learned From Meditation. New Beginnings:

So the psychological spiritual principle is you've got to love something with intensity. And then you have to know how to describe it in absolute detail. And then you give it all you've got of hard work but essentially of belief.

There are two dynamic words that can change your life. They are so effective and so dynamic that we ought to write them in gigantic letters across the sky of our lives as we see airplanes writing messages in the heaven. Embed these two words deeply in your consciousness. Build your life around them. And they can make life good indeed. Indeed very good. I cannot speak too extravagantly for the power of these two words. I refer to the power of HOPE and EXPECTATION. Stand them out there so you can see them.

Believe that through
MEDITATION CLICKS®
brain gym you are going to
expect the best and that is
exactly what you are going to
have. Think about those things
you want to have in your life.
And think about them often.

**Emotional
Quietness.
Your Power
Centre:**

Cultivate a stillness in the mind. Wipe the emotional chalkboard clean as it were. And start fresh with new ideas. Anticipate future joy. Forget past unpleasantness. When you have the power of emotion you are in tune with the universe. An active participant in the life all around you. The sky is blue above the darkest clouds. Positive thinking never denies a problem. It simply allows you never to be defeated by anything.

Serenity:

If you have the power of serenity on your side you know that you don't have to be uptight or worried or stressed. You can control your tension with your own inner strength through **MEDITATION CLICKS®** brain gym. You can do anything if you think you can. The secret is to keep meditating and thus disengaging from the stress around you.

So do you want to know how meditation allows you to live with peace and quiet in a noisy world? It enables you to retreat from it into the essence of stillness out of which energy comes. Quietness and activeness are opposite sides of the same factor. With **MEDITATION CLICKS®** brain gym you retreat into quietness and peacefulness so that you may emerge with force and great strength.

**Conquer Your
Fears
And Move On.**

Courage:

There are two qualities that every person needs to make it safely and successfully through this life. There are other qualities of course but these two are of extreme importance. One of them is courage, not to be afraid. The other is not to minimize yourself, to have confidence. Everyone needs courage and confidence. So turn the lights on in your life and don't worry about things that don't exist. Your fears may be irrational. The power of confidence comes from **MEDITATION CLICKS®** brain gym. It is the quiet conviction that you can if you think you can. Be confident in your ability today. What do you have to do? What is your

responsibility? What is your challenge? What is your crisis? Take that great old word confidence put it in your consciousness. Hold it there savoring it. Contemplating it. Practice it and you shall have peace and strength.

The Secrets For Ultimate Happiness. Persistence:

Too often the best of intentions are not enough. It takes more than wishing to realize goals. The power of persistence, good old stick-to-it-ness. Dreams never run out at any age. As long as you are on this Earth keep your goals going. When you want to develop the non-quitting unbeatable action of persistence never talk defeat. The persistence principle can be summed up in two words. "NEVER QUIT". No problem is too big and no goal unattainable. With meditation you develop an intuitive knowledge of yourself. Who you are and what you can do. Pick out one problem area. Break it down into manageable parts. Concentrate your forces

and attack each part. Never giving up until you have broken through.

Contentment:

When you want to generate contentment use

MEDITATION CLICKS®

brain gym. Give yourself the gift of another chance. What is contentment? To be supinely content with what you have. Not at all. The Latin root of the word means someone who is so well organized inwardly that he or she holds together under adverse conditions. He or she takes it as it is. Lives with it. All the while determined that with the help of God he or she will make it better!

Love Life and Life Will Love You Back:

When your love is mature you are willing to compromise and think of the other person first. You trust the other person and wish nothing but the best for them.

Would you forgive? Would you have done the same in the same situation? The answer may be surprisingly uncomfortable. Nobody is perfect and each of us needs forgiveness at one time or another.

If you enjoyed my free book please visit QofS.org to read about universal suffrage and the Sangreal family dice board game project on Indiegogo where you will find my family cooking recipes including a real Italian pizza shop secret pizza sauce and their dough recipe as a perk for contributing to the game for a gift of \$10.00.

<http://igg.me/at/sangreal>

